

# Growing Healthy Families

Barre District Office, Vermont Department of Health

255 North Main St., Suite 8 • Barre, Vermont 05641-4162

1-802-479-4200 or 1-800-253-8786



Winter 2004

All workshops to be held on the 2nd floor of the McFarland office building, in Barre, unless otherwise mentioned.

## Basic Nutrition for all Ages

Tuesday, December 2, 2–3 p.m.

Would you like freshen up on your basic nutrition information for your family? This is the class for you! Join us for a discussion on the basics of a healthy diet. Healthy snacks will be provided. Call 479-4200 to reserve a spot.

## “Super-size Me”

Thursday, January 20, 2–4 p.m.

Join us for a viewing and discussion of this film on fast food restaurants. Healthy snacks will be provided. Call 479-4200 with questions and to say you will join us.



## Babies First Foods

Tuesday, February 1, 2–4 p.m.

A class for parents-to-be and parents of newborns. Learn how easy and inexpensive it is to make fresh, nutritious first foods for your baby. Start those healthy eating habits at an early age, and take home a free food mill! Space is limited; call to reserve your spot at 479-4200.

## Lead testing

Lead can harm a child's brain and may cause learning and behavior problems. Every child should be tested. Make sure that a health care provider tests your child at age 1 and 2 years.

## Annual Winter Dabble Day

Saturday, February 5, 10 a.m.–1 p.m.

Spaulding High School Cafeteria, Barre

Fun for families with young children (birth to 6 years). Many activities will be available to “dabble” with. FREE and open to all area families.

Call Washington County Success by Six at 476-2135 for more information.

## Playgroups

Central Vermont playgroups are up and running again. Free fun for young children and young at heart. For more information, and a playgroup in your area, call Washington County Success by Six at 476-2135.

## December 1, 2004 is the 27th Annual World AIDS Day

The focus this year is the impact of HIV/AIDS on women and girls. According to the World Health Organization, around half of all people living with HIV globally are female. For information about HIV/AIDS and local World AIDS Day events, please call the Vermont Department of Health Barre office at 479-4200. For information about HIV, the virus that causes AIDS, or HIV testing, please call the Vermont AIDS Hotline at 800-882-2437, weekdays, 8:30 a.m.–4:30 p.m. For information 24 hours/7 days a week, call the National AIDS Hotline at 800-342-2437.

# Growing Healthy Families

**Bennington District Office, Vermont Department of Health**  
200 Veterans Memorial Drive, Suite 1 • Bennington, VT 05201-1944  
1-802-447-3531 or 1-800-637-7347



Winter 2004

## Healthy holiday celebrations

Wednesday, December 8

10–11 a.m. and 1–2 p.m.

Vermont Department of Health/WIC Office Suites, Bennington

Contact: Debby Dutcher, RN or  
Sheilah Printz, RD at (802) 447-3531

Join us for healthy family meal planning and stress relief strategies during the holiday season. Holiday crafts for children too!

## WIC Food Festival

Wednesday, February 9

10–11 a.m. and 1–2 p.m.

Vermont Department of Health/  
WIC Office Suites, Bennington

Contact: Debby Dutcher, RN or  
Sheilah Printz, RD at (802) 447-3531

Learn how to incorporate WIC foods into your family meal planning. Recipes featuring the foods you receive from WIC and tips on how to get the most from your grocery store budget will help you avoid those winter doldrums.

## December 1, 2004 is the 27th Annual World AIDS Day

The focus this year is the impact of HIV/AIDS on women and girls. According to the World Health Organization, around half of all people living with HIV globally are female. For information about HIV/AIDS and local World AIDS Day events, please call the Vermont Department of Health Bennington office at 447-3531. For information about HIV, the virus that causes AIDS or HIV



testing please call the Vermont AIDS Hotline at 800-882-2437, weekdays, 8:30 a.m.–4:30 p.m. For information 24 hours/7 days a week, call the National AIDS Hotline at 800-342-2437.



# Growing Healthy Families

**Brattleboro District Office, Vermont Department of Health**

232 Main Street • Brattleboro, Vermont 05301-2881

1-802-257-2880 or 1-888-253-8805



Winter 2004

## **Breastfeeding Basics**

Wednesday, January 12

Breastfeeding can help get your baby off to a super start. Breast milk is easily digested, protects against diarrhea and other infections, and has all the nutrients your baby needs. If you are planning to breastfeed and would like more information, Breastfeeding Basics may be perfect for you. This class provides you with breastfeeding information and support to help you have a successful breastfeeding experience. All pregnant moms, partners, new moms and babies are welcome.

This free program is offered on the second Wednesday of every other month at 6:30 p.m., 2nd floor Birthing Center classroom, Brattleboro Memorial Hospital. Please call 257-8877 for more information.

## **December 1, 2004 is 27th Annual World AIDS Day**

The focus this year is the impact of HIV/AIDS on women and girls. According to the World Health Organization, nearly half of all people living with HIV globally are female. For information about HIV/AIDS and local World AIDS Day events, please call Kathleen White at the Brattleboro office of the Department of Health at 251-2108. For information about HIV, the virus that causes AIDS, or HIV testing, please call the Vermont AIDS Hotline at 800-882-2437, weekdays, 8:30 a.m.—4:30 p.m. For information 24 hours/7 days a week, call the National AIDS Hotline at 800-342-2437.

## **Need a car seat?**

The K.I.S.S. (Kids in Safety Seats) Program has car seats available for income eligible families. Contact Windham County Safe Kids at Rescue Inc. for more information. Call 257-7679.

## **Breast pumps for back to work or school**

Pediatricians recommend breastfeeding for the first 6 to 12 months of your baby's life. The WIC Program knows that it can be a challenge to continue breastfeeding your baby when you return to work or school. An electric breast pump can make it easier for you to reach your breastfeeding goals. Call Ellen at the Brattleboro Department of Health for more information about a free breast pump rental, 251-2102.

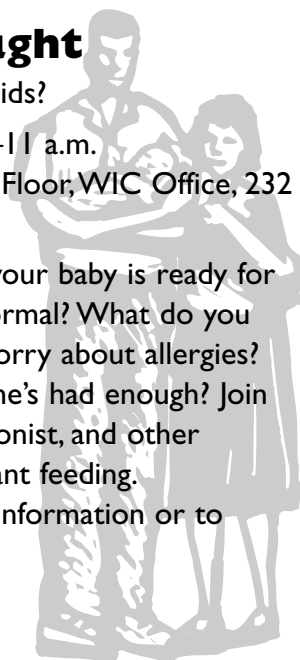
## **Food for Thought**

Is My Baby Ready for Solids?

Thursday, January 13, 10–11 a.m.

State Office Building, 1st Floor, WIC Office, 232 Main Street, Brattleboro

How can you tell when your baby is ready for solid foods? Is gagging normal? What do you offer first? Should you worry about allergies? How do you tell when she's had enough? Join Allyson, the WIC Nutritionist, and other parents to talk about infant feeding. Call 257-2880 for more information or to reserve a spot.



# Growing Healthy Families

**Burlington District Office, Vermont Department of Health**

1193 North Avenue, Suite 1 • Burlington, Vermont 05401-2749

802-863-7323/7325 or 1-888-253-8803



Winter 2004



[www.breastfeedvermont.info](http://www.breastfeedvermont.info)

## Breast pumps

Are you returning to work or school after your baby is born? Come get information before or after baby's birth on breast pumps (hand, pedal & electric) that are available through WIC at no cost to you. Learn how & when you can get a pump through WIC, how to plan for breastfeeding when you return to work or school and much more! Pumps can be available that day. Class offered on the 1st Wednesday of each month at 12:30 p.m. or 2:30 p.m. at the WIC office. Call to sign up at 863-7323.

## Snack and story

Looking for something to do with your child? Bring your child to listen to stories like "How a Groundhog's Garden Grows" and "Eating the Alphabet." After the story enjoy a taste of a healthy snack! Your children will have fun while learning how to eat healthfully. Thursday, December 2 at 11 a.m. at the WIC office. Call Kim to sign up at 951-0079.

## Eating with children

Do you often wonder what you should do about your picky eater? Come and we'll discuss ways you can help your children become better eaters and make mealtime enjoyable. Friday, January 14 at 10 a.m. at the WIC office. Call Ann to sign up at 951-0065.

## Eating for two

Are you eating as well as you could for you and your growing baby? Come find out more about nutrition and pregnancy. Have you gained enough weight or maybe too much? Tuesday, January 25 at 10 a.m. at the WIC office. Call Jean to sign up at 951-0059.

## Making baby food

It's easy! Come see a demonstration on how to make homemade baby food for infants who are beginning to eat solids. Minimal equipment is needed to make healthy, fresh baby food for your growing infant. Thursday, February 24 at 1 p.m. at the WIC office. Call Kim to sign up at 951-0079.

## December 1, 2004 is the 27th Annual World AIDS Day

The focus this year is the impact of HIV/AIDS on women and girls. According to the World Health Organization, around half of all people living with HIV globally are female. For information about HIV/AIDS and local World AIDS Day events, please call the Vermont Department of Health Burlington office at 863-7323. For information about HIV, the virus that causes AIDS, or HIV testing, please call the Vermont AIDS Hotline at 800-882-2437, weekdays, 8:30 a.m.—4:30 p.m. For information 24 hours/7 days a week, call the National AIDS Hotline at 800-342-2437.



# Growing Healthy Families

Middlebury District Office, Vermont Department of Health

700 Exchange St., Suite 101 • Middlebury, Vermont 05753-1529

1-802-388-4644 or 1-888-253-8804



Winter 2004

## **Addison County Community Action Group's free holiday gift shop for children**

Monday, November 29–Friday, December 10

Choose a gift and some clothing for every child on your list. Call Caroline at 388-3608 for details, or just stop by. First come, first serve.

## **Music and Movement**

Come join us to learn fun and easy ways to increase your physical activity. This activity is geared to parents and preschoolers. Bring the children and get ready to move to the music!

Parent Child Center Playgroups:

Tuesday, December 14, 10–11:30 a.m.  
Baptist Church, Bristol

Friday, January 28, 9:30–11 a.m.  
Congregational Church, Orwell

Friday, February 25, 9:30–11 a.m.  
Congregational Church, Vergennes

## **Making it Work: Supporting Employed Mothers with Breastfeeding**

Workshop provides insights into things that working mothers need to be successful with breastfeeding. We invite both moms and their employers. Brainstorm strategies for different work environments to help mothers maintain breastfeeding while returning to work.

Join us on Tuesday, January 18, 10 a.m.–noon

Vicki Kirby's Natural Beginnings Breastfeeding Support Group, Vermont Department of Health Conference Room, 700 Exchange Street, Middlebury

## **Pregnancy and postpartum exercise classes:**

Prenatal Exercise Class: Safe and appropriate exercise and relaxation techniques to improve muscle tone, flexibility and endurance during pregnancy and labor. Monday evenings from 5–6:15 p.m. Call 388-3413.

Postpartum Exercise Class: An eight week course for mothers and babies helping mothers to regain their muscle tone and offers opportunities for infant stimulation activities. Call 388-3413.

## **Special video purchase for WIC participants**

Are you a new mom trying to lose weight? Try WIC's new Miracle Mile walk video with Leslie Sansone. Or if you're busy with active preschoolers try WIC's Move 'N Groove Kids movement video. Being fit is fun! Your local library also has a great selection to keep you moving. Call the Vermont Department of Health at 388-4644 for more information.

## **Save the dates:**

Cooking for Life Classes to be offered in Vergennes, Tuesdays, March 22–April 26. Six weeks of cooking classes with a professional chef and nutrition educator. On-site, free childcare provided. Free take home groceries every class. Limited to 12 participants.

Call Lori Dotolo at 388-5741 to reserve your space now.

## **December 1, 2004 is the 27th Annual World AIDS Day**

The focus this year is the impact of HIV/AIDS on women and girls. According to the World Health Organization, around half of all people living with HIV globally are female. For information about HIV/AIDS and local World AIDS Day events, please call the Vermont Department of Health Middlebury office at 388-4644. For information about HIV, the virus that causes AIDS, or HIV testing, please call the Vermont AIDS Hotline at 800-882-2437, weekdays, 8:30 a.m.–4:30 p.m. For information 24 hours/7 days a week, call the National AIDS Hotline at 800-342-2437.

# Growing Healthy Families

Morrisville District Office, Vermont Department of Health  
63 Professional Drive • Morrisville, Vermont 05661  
1-802-888-7447 or 1-888-253-8798



Winter 2004

## Project L.E.A.F.

Copley Hospital, in collaboration with Project L.E.A.F. is hosting a series of nutrition, food and fitness programs. This winter's theme is "safe, happy, healthy holidays". L.E.A.F. stands for Leaders Encouraging Activity and Fitness. Contact Stacy Wein or Linda Shaw for information on shopping tours, walking programs and more. Call 888-4231 to learn more about project L.E.A.F.

## Breastfeeding support group

### Same Place, Same Day, New Time

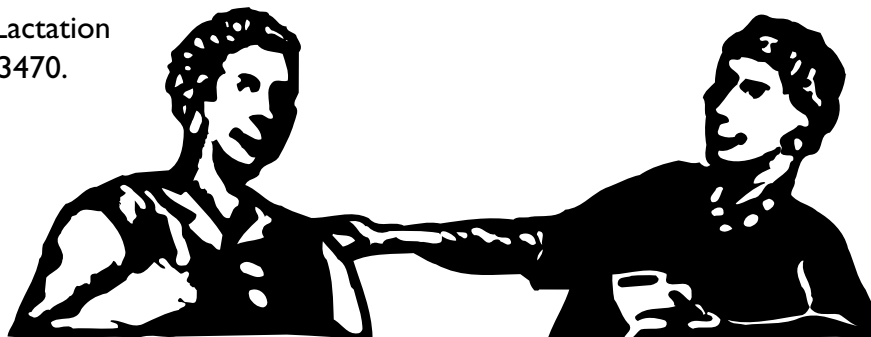
Meet with other nursing mothers in a relaxed, friendly atmosphere. This group is great for moms-to-be, new moms, and moms with lots of experience. Vicki Rich and Emily Dale, who are both certified lactation consultants and registered nurses, are available for questions or advice, too. The group meets the third Wednesday of the month at the Church of the Nazarene on Rt. 15 in Johnson, from 11 a.m. until 1:00 pm. (December 15, January 19, February 16). For more information, call Lactation Solutions at 888-3470.

## December 1, 2004 is the 27th Annual World AIDS Day



The focus this year is the impact of HIV/AIDS on women and girls. According to the World Health Organization, around half of all people living with HIV globally are female. For information about HIV/AIDS and local World AIDS Day events,

please call the Vermont Department of Health Morrisville office at 888-7447. For information about HIV, the virus that causes AIDS, or HIV testing, please call the Vermont AIDS Hotline at 800-882-2437, weekdays, 8:30 a.m.—4:30 p.m. For information 24 hours/7 days a week, call the National AIDS Hotline at 800-342-2437.



# Growing Healthy Families

Newport District Office, Vermont Department of Health

100 Main Street, Suite 220 • Newport, Vermont 05855

1-802-334-6707 or 1-800-952-2945



Winter 2004

## Keeping your Pantry Stocked: Feeding your Family on a Tight Budget

Vermont winters are long, and money is tight, but you don't have to skimp at the dinner table! This class will give us time to look at all of the food resources in our community. Join us to talk about the best ways to budget, plan ahead and give our families quality nutrition. Please call 334-4390 to register or for more information.

Friday, January 28, 10 a.m.

Emory Hebard State Office Building

2nd floor conference room

100 Main Street, Suite 220, Newport

## Making it Work: Supporting Employed Mothers with Breastfeeding

This workshop provides insights into things that working mothers need to be successful with breastfeeding. We invite both moms and their employers to this session. We will brainstorm strategies for different work environments to help mothers maintain breastfeeding while returning to work. Please call 334-4387 to register or for more information.

Monday, February 14, 2 p.m.

Emory Hebard State Office Building

2nd floor conference room

100 Main Street, Suite 220, Newport

## December 1, 2004 is the 27th Annual World AIDS Day

The focus this year is the impact of HIV/AIDS on women and girls. According to the World Health Organization, around half of all people living with HIV globally are female. For information about HIV/AIDS and local World AIDS Day events, please call the Vermont Department of Health Newport office at 334-6707. For information about HIV, the virus that causes AIDS, or HIV testing, please call the Vermont AIDS Hotline at 800-882-2437, weekdays, 8:30 a.m.–4:30 p.m. For information 24 hours/7 days a week, call the National AIDS Hotline at 800-342-2437.



# Growing Healthy Families

Rutland District Office, Vermont Department of Health  
300 Asa Bloomer State Office Building • Rutland, Vermont 05701  
1-802-786-5811 or 1-888-253-8802



Winter 2004

## Fun place to go: Rutland Pine Hill Park

Pine Hill Park is made up of about 250 acres of land. The Park is open for day use only.

Please park in the designated area at Giorgetti Park and follow the signs. Once you are in Pine Hill Park You will find :

“Giorgetti Loops” these loops are called Lower, Middle and Upper. They are short, easy, wooded hikes, hike individually or loop around them all to make a longer hike. The Lower Trail is especially kid-friendly, however most children would enjoy the Middle and Upper trail as well. In winter months the trails will often be snow packed from others using snowshoes. You may want to try out snowshoes yourselves.

Bonus: You will be at Giorgetti Park where there is equipment for the children to play on and a hill that is just right for sliding.

Directions : Enter at a Giorgetti Park, located on Oak Street in Rutland. For further directions or information call The Rutland Recreation Department 773-1822 or Martha at 786-5111.

## December 1, 2004 is the 27th Annual World AIDS Day

The focus this year is the impact of HIV/AIDS on women and girls. According to the World Health Organization, around half of all people living with HIV globally are female. For information about HIV/AIDS and local World AIDS Day events, please call the Vermont Department of Health Rutland office at 486-5811. For information about HIV, the virus that causes AIDS, or HIV testing, please call the Vermont AIDS Hotline at 800-882-2437, weekdays, 8:30 a.m.—4:30 p.m. For information 24 hours/7 days a week, call the National AIDS Hotline at 800-342-2437.

## Rutland County Breastfeeding Support Network

This is a grassroots, action-oriented group of individuals in Rutland County committed to creating supportive breastfeeding environments for families choosing to breastfeed. Our members come from the WIC program, the Hospital, La Leche League, private providers and community members. The Network advocates and supports breastfeeding in many ways, on a large scale as well as individual basis.

In the next few months look for a breastfeeding message on “The Bus.” Look for signs in windows of business that says “Loving Support, breastfed babies welcome here.” Expect to learn that more and more employers are breastfeeding friendly.

Plans are in motion to develop a video featuring breastfeeding families, commenting on their experience and impressions around breastfeeding. The video will be used in prenatal classes, breastfeeding classes, on the women’s and children’s unit at the Hospital and in some WIC clinic situations. The taping will be sometime in the spring. Please call if you would like to take part in this project. Martha at 786-5111 or Lulu at 747-3695



## Cooking demonstration: Ideas for healthy snack/lunches

Martha Stanley Invites you and your children to help her make some healthy snacks. Learn how they taste.

Thursday, February 3, 10:30–11:30 a.m.  
ASA Bloomer Building (WIC)  
4th floor Conference Room (follow the signs)  
Rutland



# Growing Healthy Families

**Springfield District Office, Vermont Department of Health**

100 Mineral Street, Suite 104 • Springfield, Vermont 05156

1-802-885-5778 or 1-888-296-8151



**Winter 2004**

## **Cooking for Life**

Register now for a free cooking class running in the Spring of 2005. Get new recipes and learn nutritious meal planning for your family. Free groceries are given each week to cook the food you learned to cook in class, at home. Childcare provided. Contact Jane Heal at 885-8935 to save a space for you. Let us know what day you would like the class to run.

## **Springfield In Motion (SIM)**

Walking is one of the easiest and most effective forms of exercise, no special equipment is needed other than a pair of comfortable walking shoes. Walking within a group provides safety and the time passes in a more enjoyable manner. If you would like to join a walking group or have further questions regarding this program, please call Nancy Schaefer at 885-3744. SIM also offers a walking in place class on Tuesday and Thursday evenings at 6 p.m., it's a great cardiovascular workout. Come join a group!

## **Free suppers**

Open to all, at St. Luke's Episcopal Church, 313 Main Street, Chester. Nutritious and delicious meals with a variety of soups, salads, breads and fruits. Every Monday at 6 p.m. Call Lew at St. Luke's Church with any questions, 875-2114.

## **Breastfeeding support group**

Springfield Area Parent Child Center, Playgroup room, Tuesdays 10 a.m.–noon. For more information call the Parent Child Center at 885-5242

## **New infant feeding room at the Vermont Department of Health**

The Department of Health Office in Springfield now has a newly designed infant feeding room. If you would like a private place to breastfeed or feed your baby, please ask if you can use the new room, designed with you and your baby in mind. Call 885-5778 for information.

## **All About Dads**

If the man in your life wants to see how dads raise their kids and show soon to be dads what he's learned, put him in touch with All About Dad's program. Call Chuck Gregory for information and to register at 885-8929. Most recently, the fathers of newborns did a show and tell for fathers-to-be on diapering and proper use of an infant car seat.

## **December 1, 2004 is the 27th Annual World AIDS Day**

The focus this year is the impact of HIV/AIDS on women and girls. According to the World Health Organization, around half of all people living with HIV globally are female. For information about HIV/AIDS and local World AIDS Day events, please call the Vermont Department of Health Springfield office at 885-5778. For information about HIV, the virus that causes AIDS, or HIV testing, please call the Vermont AIDS Hotline at 800-882-2437, weekdays, 8:30 a.m.–4:30 p.m. For information 24 hours/7 days a week, call the National AIDS Hotline at 800-342-2437.

# Growing Healthy Families

St. Albans District Office, Vermont Department of Health

20 Houghton Street, Suite 312 • St. Albans, Vermont 05478-2248

1-802-524-7970 or 1-888-253-8801



Winter 2004

## **Breastfeeding Basics and Beyond**

Thursday, January 6, 6:30 p.m.–8:30 p.m.

Learn about the breastfeeding resources in your community. Get answers to questions such as “How do I get started with breastfeeding?” or “How can I breastfeed when I go back to work or school?”

Featuring: Lactation consultants, La Leche League leaders, and local pediatricians  
Northwestern Medical Center  
Conference Room #2

Voluntary donation: \$5,  
pre-registration required, call 524-1234

## **The Healthy Weight**

Saturdays, January 8, 15, 22 and 29, 10–11 a.m.

Is weight management a challenge for you? Discover how food and exercise affect weight. Topics will include: fat vs. calories, exercise programs, motivation for eating, menu ideas and cooking tips.

Featuring: Rachel Preston, MS, CDE, RD  
Northwestern Medical Center  
Conference Room #2

Free, pre-registration required, call 524-1234

## **Resolve to Live Fit & Healthy in 2005**

Monday, January 10, 6:30–7:30 p.m.

Children face many challenges to maintaining healthy weight as they grow up. Are you concerned that your children may not be as fit and active as they might be? Come learn basic steps you can take to improve your family's fitness without putting anyone on a diet.

Speaker: Linda Walfield, MS, RD  
Cobblestone Health Commons, Classroom A  
Pre-registration required, call 524-1234

## **Fun And Fitness at Playgroups**

January 18, 11:30 a.m.–12:30 p.m.

Sheldon Elementary School

February 17, 10–11 a.m.

Barlow St. Community Center, St. Albans

Learn about fun activities to do with your children to keep them happy and active this winter? Activities

that get children involved and information about healthy snacks.

Pre-registration required,  
contact Perky Maddocks, 527-5426

## **Baby to Toddler**

Thursday, February 17, 10:30–11:30 a.m.

Baby's first birthday is a big event and a time of many changes. Walking...weaning...table foods. Come discuss this big transition time for your baby and how to prepare for it.

Featuring: Linda Walfield, MS, RD  
Free, no registration necessary.  
Vermont Department of Health, 3rd floor  
20 Houghton Street, St. Albans

## **Introduction to snowshoeing**

Saturday, February 26, 1–2 p.m.

Snowshoeing is as simple and safe as walking and requires less snow than most winter sports—and less money. If you're looking for a new way to be active during the winter, join us to learn more about snowshoeing and give it a try.

Missisquoi Valley Rail Trail, St. Albans parking area, Main Street at Rt. 105, by Nanna's Program charge: \$5 towards snowshoe rental. Prepayment and pre-registration required, call 524-1234

## **December 1, 2004 is the 27th Annual World AIDS Day.**

The focus this year is the impact of HIV/AIDS on women and girls. According to the World Health Organization, around half of all people living with HIV globally are female. For information about HIV/AIDS and local World AIDS Day events, please call Destiny Cadieux, RN, at the Vermont Department of Health at 527-5572. For information about HIV, the virus that causes AIDS, or HIV testing, please call the Vermont AIDS Hotline at 800-882-2437, weekdays, 8:30–4:30. For information 24 hours/7 days a week, call the National AIDS Hotline at 800-342-2437.

# Growing Healthy Families

St. Johnsbury District Office, Vermont Department of Health  
67 Eastern Ave, Suite 1 • St. Johnsbury, Vermont 05819-2638  
1-802-748-5151 or 1-800-952-2936



Winter 2004



## Food Safety

Learn about food-borne illness and how to prevent it by using safe food handling techniques. We'll discuss appropriate

cooking times for a variety of foods and explore the consequences of consuming food that is not prepared and cooked appropriately.

Wednesday, January 19, 11 a.m.  
Vermont Department of Health,  
67 Eastern Avenue, St. Johnsbury

## Winter Snacktivities

We'll make Tater Boats and Edible Snowflakes. Creative and tasty. Come join us!

Thursday, February 17, 12 noon  
Vermont Department of Health,  
67 Eastern Avenue, St. Johnsbury

Please call Eddie at 748-5151 with any questions or to register to attend. Thank you!

## December 1, 2004 is the 27th Annual World AIDS Day

The focus this year is the impact of HIV/AIDS on women and girls. According to the World Health Organization, around half of all people living with HIV globally are female. For information about HIV/AIDS and local World AIDS Day events, please call the Vermont Department of Health St. Johnsbury office at 748-5151. For information about HIV, the virus that causes AIDS, or HIV testing, please call the Vermont AIDS Hotline at 800-882-2437, weekdays, 8:30 a.m.—4:30 p.m. For information 24 hours/7 days a week, call the National AIDS Hotline at 800-342-2437.



# Growing Healthy Families

**White River Junction District Office,  
Vermont Department of Health**

226 Holiday Drive, Suite 22 • White River Jct., Vermont 05001

1-802-295-8820 or 1-888-253-8799



Winter 2004

## **Gingerbread Festival**

Saturday, December 4, 9:30 a.m.–3 p.m.

Tracy Hall, Norwich

Children's activities, silent auction, and gingerbread house viewing. A treat for all ages! \$5 entrance fee per family. Proceeds benefit The Family Place Parent Child Center in Norwich.

## **Cooking for Two(s)**

Wednesday, December 15, 12–1 p.m.

The Family Place, Route 5 South, Norwich

Don't be afraid of cooking with your toddler! Kitchen skills are a terrific way to teach your child good nutrition and independence. Join Beth Kolehmainen and other families to learn how cooking together can be a wonderful bonding experience. Registration begins November 29. Please call 800-639-0039 to register.

## **A Time to be Born**

Choose a 4-session Monday Series:

January 3–24 or February 7–28, 6–8:30 p.m.

The Women's Health Resource Center  
On the Mall, Lebanon, New Hampshire

This class promotes a positive birth experience by preparing the expectant mother and her support person for the labor and birth process. A variety of comfort techniques will be taught, including: relaxation, positions, hydrotherapy, breath awareness, vocalization, and touch.

Taught by Suzanne Greeley and Tara Kaplan, Certified Childbirth Educators. The cost is \$75/couple, which Vermont Medicaid covers. For more information and to register, please call 603-650-HERS.

## **Taking Care of Baby— Birth to 6 Months**

Thursday, February 17 and 24, 6–8 p.m.

The Women's Health Resource Center  
On the Mall, Lebanon, New Hampshire

This fun and informative class will cover important topics related to baby's first six months of life. These include: bonding and attachment, brain development, crying and colic, sleeping, safety, car seats, bathing, and diapering. Taught by Jenny Littlefield, RN, Certified Childbirth Educator. The cost is \$20 for both classes (scholarships available upon request). For more information and to register, please call 603-650-HERS.

## **December 1, 2004 is the 27th Annual World AIDS Day**

The focus this year is the impact of HIV/AIDS on women and girls. According to the World Health Organization, around half of all people living with HIV globally are female. For information about HIV/AIDS and local World AIDS Day events, please call the Vermont Department of Health White River Junction office at 295-8820. For information about HIV, the virus that causes AIDS, or HIV testing, please call the Vermont AIDS Hotline at 800-882-2437, weekdays, 8:30 a.m.–4:30 p.m. For information 24 hours/7 days a week, call the National AIDS Hotline at 800-342-2437.



# FIT WIC FUN AND GAMES PAGE

## Fun in the Snow!

Try these fun winter activities to play in the snow.

### Catch Me!

(best in freshly fallen snow)

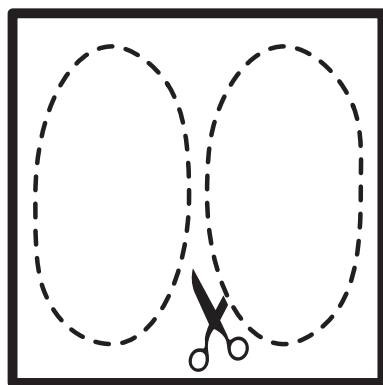
Follow each other's footprints in freshly fallen snow. When fresh snow isn't packed, it will take double the effort (and double the fun!) for both you and your child to walk. Take turns running after each other in the snow. Make it even more fun by bringing out noisemakers and having a parade through the snow!

### Snowshoe Walk

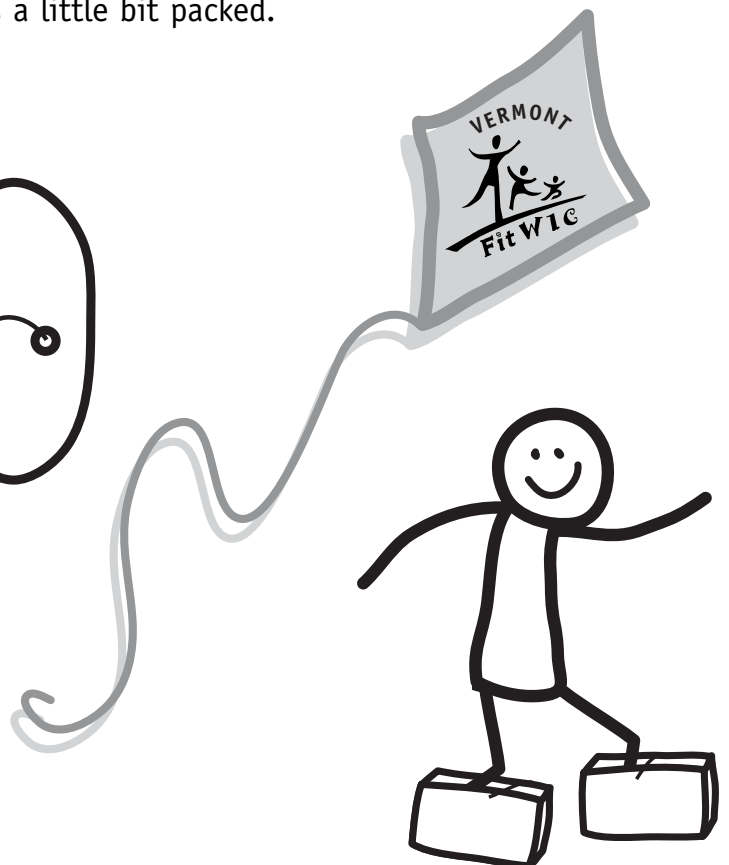
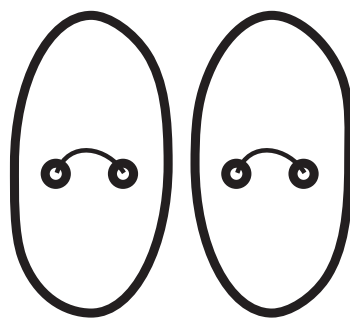
(best in packed snow)

Snowshoes are a lot of fun. If you don't have your own, you may be able to borrow or rent snowshoes from your local recreation center or school. Call to find out. Snowshoes make walking in deep snow easier.

Kids can make their own "snowshoes" with your help by cutting cardboard boxes into an oval shape (or use 2 shoe boxes), punch 2 holes in the center each, and threading a long shoelace (or elastic) through the center which can be tied over your child's boots. Have your child "skate" over the snow. This works best when the snow is a little bit packed.



cut cardboard



or use shoe boxes